

What Is Claimed Is:

1. A two dimensional sheet of material for forming a structure having a three dimensional shape, said sheet comprising:

5 material forming the sheet in a first portion of the sheet;

a second portion of the sheet where material comprising the sheet is removed; and

10 whereas a folding of the sheet to create a first fold line in a first direction parallel to the second portion, then folding the sheet in a second direction perpendicular to the first direction to create a second fold line causes the second portion to collapse causing the first
15 portion to come into an abutting relationship along the first and second fold lines which creates an abutment.

2. The sheet according to claim 1 wherein the
20 second portion is surrounded by the first portion.

3. The sheet according to claim 1, which includes a plurality of first portions and second portions.

25 4. The sheet according to claim 3, wherein the second portions are surrounded by first portions.

5. The sheet according to claim 1, wherein the abutment is seamed.

5 7. The sheet according to claim 1, wherein the
folding takes place at a junction formed between
the first portion and the second portion.

forming the sheet to create a first portion of the sheet with sheet material;

folding said sheet in such a manner so as to collapse the second portion by causing the second portion to come into alignment with itself.

10. The method according to claim 8, which includes the step of forming the sheet with a plurality of first portions and second portions.

12. The method in accordance with claim 8, wherein the folding of the sheet occurs in a first

direction parallel to the second portion and a second direction perpendicular to the first direction which causes the second portion to collapse and creates an abutment in the first
5 portion.

13. The method in accordance with claim 12, wherein the folding takes place at a junction formed between the first portion and the second
10 portion.

14. The method in accordance with claim 12, which includes the step of seaming the abutment.

15 15. The method according to claim 14, wherein seaming is done by welding, thermal bonding or adhesive bonding.